

# OUT AND ABOUT

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**I**magine building bone density, increasing muscle strength, improving flexibility, and coordination, all while completing a low-impact fitness routine for only 10 minutes a day. While it may seem too good to be true, after years of research and use by NASA, research and technology are proving not only that the above statement is true, but also that many fitness and therapeutic benefits are occurring at the same time.

This low-impact exercise has the same results in just 10 minutes as if you spent one hour in the gym, says Gloria Coelho, director of Whole Body Vibrations at the Caritas center. The Caritas center in Boulder is continuing to introduce the public to the holistic benefits of this exercise through the ZAAZ Whole Body Vibration machines.

After Gloria's first use of the machine, she says that she began to notice some improvements. She felt it would be right in alignment with the mission of Caritas as a healing center. The Caritas center introduced the Whole Body Vibration machine last year.

The history of the Whole Body Vibration system dates back to the late 1960s. It was originally designed by the Russian space program to build muscle tone and bone density in its astronauts, Gloria explains. Russian athletes also began to use the machine and saw improvements in their Olympic events. The results were amazing, Gloria comments. Because the Russian astronauts were improving their muscle tone and bone density, Whole Body Vibration enabled the astronauts to stay in space up to three times longer than the American astronauts, she adds. NASA later obtained and now uses the same technology.

"What I love most about Whole Body Vibration is on one hand you have astronauts, Olympic athletes, and people in excellent shape who can benefit from it as a fitness machine. But it is also wonderful for seniors due to how gentle it is on the joints. There are so many therapeutic benefits that seniors and people with balance issues, MS, Parkinson's, and limited mobility will gain from using the Whole Body Vibration machine because very often they are unable to do regular exercise," Gloria states.

She continues to say that research shows that 10 minutes on this machine is equivalent to spending one hour at the gym, as mentioned previously. One reason for this is that while you are at the gym, you are moving from one machine or weight to another to work certain parts of your body and muscles. Whole Body Vibration technology is able to exercise 97% of all of the muscles in your body at the same time. It even accesses muscles that gym machines don't access called the "fast-twitch muscles," she points out.

She goes on to say that Ohio State University recently conducted a research study on cortisol levels, and the daily use of Whole Body Vibration reduced cortisol levels by an average of 30%. Cortisol is produced when we are under stress. "One thing that is not in the literature that I noticed after using the machine for two or three months on a daily basis is greater energy and increased mental clarity," she points out. Some improvements

that clients have reported, according to Gloria, are: significantly improved strength and muscle tone; improved sleep; stabilized moods; pain and stress relief; help with osteoporosis; and improved circulation.

Another benefit of Whole Body Vibration is the improvement of chronic pain, Gloria says. The majority of chronic pain has to do with inflammation and the pressure it has on the nerves, causing pain. This exercise reduces inflammation throughout the body, she says, which is one reason why people who have chronic pain such as arthritis or back problems find that the pressure is relieved and they are no longer in pain. This technology is also helping people who have diabetes by increasing their circulation, she adds.

The elderly can improve their balance and mobility by using the Whole Body Vibration according to Gloria. Research has also shown that it helps conditions such as osteoporosis, fibromyalgia, and neurological disorders. It has been FDA-listed as a fitness machine and a Class I medical device.

The Caritas center has made Whole Body Vibration very affordable, at just \$3 per session. Or you can buy a 10-session pack for \$25. You can also buy a machine to have in your home financed at as little as \$60 per month, Gloria points out.

Miriahm Dann, a 70-year-old Registered Nurse, states that she first started the exercise a year ago, "If I had been told that a week or two of using Whole Body Vibration technology would totally transform my life, and most especially would transform how my body feels, I would not have believed them. No pain. May I repeat: No pain. I have had painful, stiff inflamed joints for the last 40 years, which showed no signs of improvement. Now my knees can bend, I can stand and sit with ease, and get in and out of our bathtub, all with ease. Also, my hips and lower back do not hurt. Do I think I'm more toned, have tighter skin, and have lost a few pounds? Yes, probably. But the pain is gone, and that's the most important thing. I am so grateful."

Now a year later, Miriahm says, "I've been using the machine for about one year now, and for me, it has been truly amazing. My knees and one hip had been giving me fits since the '80s, and as I'm not a big believer in Western medicine, I knew I wasn't going to go the replacement route. After using the machine for less than one month, I knew that this was what I had been hoping for. When I started, stairs were becoming difficult to impossible, and I would pull myself up holding the banister and go down them one step at a time with both feet. I felt older than my geriatric patients. Last November, I was staying at a beach hotel in Mexico that had 124 steps down to the beach and back up of course. It was not a problem at all."

The Whole Body Vibration machine has been called a "gateway exercise" because once you start, you just might bring out and use the other exercise equipment in your home that you have ignored for years, Gloria says. For more information, contact Whole Body Vibration at Caritas, 5723 Arapahoe Avenue in Boulder. Call 303-449-3066 or visit [www.CaritasSpiritistCenter.org](http://www.CaritasSpiritistCenter.org) for more information. **WE**

## WHOLE BODY VIBRATIONS AT CARITAS

By Wendy L. Pitton R.



Volunteer Coordinator Rosemary Crubaj on the Whole Body Vibration machine.